

Life/Values/Goals

As you think about your death and as you see your life now, try to answer the following:

1. What three things would be said about you and your life if you died today?.

- a. She lived happily as she could possibly be, spent most of her time with her dogs, enjoyed spending time at home with her family.
- b. She was quiet at first, but once you really get to know her, she will talk and talk and talk.
- c. She loved working with children which is why she wanted to become an elementary teacher.

3. Given the likelihood that you will not die today, and have time left to change some things in your life, what three things would you most like to have said about you and your life?

- a. She was a hard working teacher who loved tutoring her students who needed extra help.
- b. She loved volunteering at local animal shelters, where she loved spending time with the animals and simply helping out the staff.
- c. She was such a caring, creative, responsible, independent, hardworking and reliable person who worked very hard to achieve her goals.

4. If someone were to witness a week of your life, what assumptions would that person make about your values — what matters to you?

- a. She really values time with her family.

b. She doesn't just enjoy completing the chores that a "woman" is responsible for doing, but also enjoys other hard work that only "men" should be doing.

c. She prefers to stay at home where she can organize and clean many things, most importantly she loves playing with her dogs.

5. What values do you hold that are not evident from the way you live your life?

a. Having the quality of being open-minded was definitely something that I had to develop on my own, this is not something my parents taught me.

b. Something that I definitely did not learn from my parents is my curiosity, whenever I become very curious about something I actually spend time working on researching whatever it is I'm interested in.

c. I feel as if my creativity is based on my experiences and my observations, is not necessarily a value that I may have inherited from my parents .

6. What three goals are important to you as you plan your life?

a. Create a family where I will be able to raise my children with similar values that my parents taught me.

b. I want to work as a teacher as much as possible because I know that eventually I will need to retire, I hope my future students appreciate me as much as I will appreciate them.

c. I hope to have great stability in all aspects of my life so that I can truly enjoy being who I am and who I will be as I continue to get older.

7. What keeps you from achieving what you want for your life?

a. My shyness does keep me from being the talkative and outgoing person I know I am, but it just takes me time to warm up to people and have any type of conversation with someone.

b. Fear of failing also plays a major part in making decisions in regards to my future.

c. I think my stubbornness sometimes gets the best of me and does not allow me to listen to others or simply agree with someone else's ideas.